

Poached Lobster Tails in Spicy Ginger Broth

Ingredients:

- 1 Tbs olive oil
- 1/8 to 1/4 tsp. crushed red pepper, to your desired spice level
- 1 tsp. diced garlic
- 1/2 tsp. ground ginger
- 1/4 of one lemon
- 2 cups vegetable stock
- 1 1/2 Tbs honey plus 1 tsp., divided
- 1 Tbs rice wine vinegar
- 2 Tbs soy sauce, divided
- 1/8 tsp. fresh ground pepper
- 2, medium fresh lobster tails
- 1/2 tsp. grated lime rind
- 1/2 Tbs fresh lime juice
- 1/2 tsp. minced shallots
- 1/2 tsp. toasted sesame seeds

Heat oil in a medium sauce pan over medium heat. Add red pepper, garlic, and ginger. Cook for 2 minutes. Add lemon (rind on), vegetable stock, 1 1/2 tablespoons of honey, rice wine vinegar, 1 tablespoon soy sauce, and pepper. Bring to a simmer, cover, and cook for 15 minutes. Place the lobster tails in the sauce pan, cover, and cook for 4 minutes or until lobster reaches 145 degrees with a meat thermometer. Remove tails and let cool slightly. Split tails lengthwise and remove meat from shells. Discard shells. Slice the lobster meat into bite-sized pieces. Pour cooking liquid through a sieve into another sauce pan. Discard solids and keep the broth warm over low heat. Add remaining 1 teaspoon of honey, grated lime rind, lime juice, shallots, and remaining 1 tablespoon soy sauce. Stir until combined. Place about 1/3 cup of broth in a bowl and arrange lobster meat on top. Garnish with pea shoots or mixed lettuce. Sprinkle with sesame seeds. Enjoy!

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

***"Do the right thing, even when no-one is looking.
It's called integrity" - Anonymous***